

Rediscover Health & Wellbeing Challenge

MAY 2023

In honor of **National Physical Fitness & Sports Month**, the challenge for you **will be to keep track of your steps each day**. Each week, the step goal will increase (based on number of steps you want to start with). By the end of the month, you will be walking more steps than you started with! Walking is one of the best ways to keep active. Walking more throughout the day helps you be less sedentary, supports circulation and heart health, and helps manage weight.

Document your number of steps (dancing/walking/cycling/running) for each day. If you reached your daily step goal for each week, write a  for one point for each day you met your step goal!



Earn up to 31 points!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
My Step Goal (i.e. 6,000 steps)		1	2	3	4	5	6
My Step Goal (i.e. 7,000 steps)	7	8	9	10	11	12	13
My Step Goal (i.e. 8,000 steps)	14	15	16	17	18	19	20
My Step Goal (i.e. 9,000 steps)	21	22	23	24	25	26	27
My Step Goal (i.e. 10,000 steps)	28	29	30	31			



- TED Talk - *The Exercise Happiness Paradox* (15 pts.)
- Dish up with the Dietitian - *"Exercising at Home & Office" Video* (15 pts.)